Mat-Su Monitor

WINTER 2017 VOLUME 41 NUMBER 2

ART STUDIO PAGE 5

CLUB CORNER PAGE 8

FROLF TOURNAMENT PAGE 3

JOURNEY EVENTS PAGE 11

Get involved with your
STUDENT GOVERNMENT
Wednesdays
11:50 - 12:50
FSM 107

Who will your plastic bag kill?

By Brittany Harvey, founding member of the Mat-Su College Recycling Club

It might seem like an arbitrary issue because plastic bags have become such a common item in our everyday consumer lives. Plastic bags were invented in 1960 by a Swedish man for his packaging company Celloplast in Norrkoping, Sweden. They weren't invented with the intent of the drastic repercussions they would create. While there are pros to plastic bags, most of these pros are directly connected to costing the distributor less money. In 1984, plastic bags cost $24 for one thousand whereas paper bags cost $30 for one thousand. Also, plastic bags are lighter and cost less to ship and won't get ruined by moisture. That is about where the pros end.

American companies, such as Kroger and Safeway, began carrying plastic bags in 1979 and by 1985, 75% of stores were offering plastic. The time of the local grocery bagger saying "paper or plastic" was present in many of the stores. Despite this, at this

Continued on page 7

INDEX

Student Government	3
Tutor Hours	4
From Our Students	5
Journey Events	6
Art Studio	7
Club Corner	8
Advice	9

Take a Step

by Nathan Peter

I woke up yesterday (November 15) and realized that for once in my life I have successfully gotten through more than half the semester at a college while maintaining decent scores in both Math and English.

For once, I have a sense of pride and accomplishment after years of procrastinating and worrying that I would never make it in college. The feeling of expecting the worse had clouded my mind, and I was sure I was going to drop out of the classes as soon as I signed up for them this semester. I mean, I work full-time and have stuff with family going on, how on earth would I be able to succeed with tuition being so high and having to pay out of my pocket the tuition expense for this semester? It was after so many thoughts such as this, that I had to keep reminding myself of a saying by C.S. Lewis who said once, "What saves a man is to take a step. Then another step." A saying on a congratulations card for starting college for the real first time, that was given by someone I view as one of my greatest mentors in life. A mentor

Continued on page 10

SEEKING CONTEST SUBMISSIONS FOR FEBRUARY ISSUE

YOUR WORST FIRST DATE STORY

The **Mat-Su Monitor** wants to hear about your worst first date.

If you have a short **worst first date** story you want to share (anonymously) in the February issue of the Monitor, please submit it using this anonymous submission link: https://bit.ly/2z9PVuE. See submission link for contest rules. One student who submits a story will be selected at random to win a $20 dollar gift card. Submissions due by February 5, 2018.

WINTER PHOTOGRAPHY CONTEST

For its February issue the Mat-Su Monitor is running a WINTER PHOTOGRAPHY CONTEST. Submit your one favorite photographs snapped this winter to uaa_mscmonitor@alaska.edu. Submissions will be entered into the Mat-Su Monitor showcase in the Okeson Library Building, where students will have a chance to vote on their favorite picture. The student whose picture gets the most votes will win a 20 dollar gift card generously donated by **Fireside Books** (http://www.goodbooksbadcoffee.com/). Submissions due by January 15, 2018.

COME ALL YE MERRY MEN AND WOMEN to the
Mat-Su College
Christmas Creations
December 7.
Design Christmas ornaments, compete in the pie eating contest and snow flake making contest, or just have fun.
Free materials & help for everyone.
Bring your imagination and make a memory to share with your family and friends.
Free refreshments, prizes and awards for participating in the different contests.

The Student of the Future, or Living with your Parents during College.

By Doyle McPoyle

What it means to be a student is changing. For most of our history, we have mostly followed the same model for academics and adult life. You get a job during high school, hate it, go to college, move out and spend the next few decades worrying about money.

While this system "works," it is no longer acceptable to continue thinking this is healthy or the most logical course of action for students. I have lived at home, on my own, and at home again, and it is my personal experience that working to pay rent and bills is not conducive to a meaningful or formative college experience.

Since returning to Palmer to live with my parents and therefore, freed from the millstone of wage slavery, I have experienced a clearance of my intellectual horizons. The clouds of the rat race and greed have been removed from my consciousness. To be sure, while living at home may strip you of some degree of personal pride, it also functions to strip you of the manipulative embrace of the ego. I have found that not playing along with the standard, acceptable, young adult lifestyle has been one of the healthiest moves I have made in support of my mental health and a stride towards a more mature sense of self-realization.

Ideally, college should be a time to finally learn who you

Continued on page 10

CALENDAR OF EVENTS

11/27: Open registration for Spring 2018 classes begins.

11/28: Computer Systems Technology networking night. Meet local employers and explore careers in networking and computer technology. JKB building hallway, 6 PM to 7:30 PM.

11/30: Journey event: Thoughtful Thursday: Stress and Relaxation. 12:00 PM to 1:00 PM, FSM 200.

12/01: Journey event: Snowshoeing. 2:00 PM to 4:00 PM, FSM 112A.

12/07: Winter Holidays "Christmas Creations" event. Design holiday crafts. Atrium.

12/08: Last day to apply for fall graduation.

12/09: Math Department Finals Cram. Study session with classmates and professors. Held in Snodgrass classrooms, 9a to 2p

12/11-12/14: Disc Golf Tournament. Outside of the atrium, all day.

12/11-12/15: Therapy dog on campus for students to pet during finals week. Details TBA.

12/12: Finals Week Pizza Day. Free pizza in atrium from 11:30 AM till gone.

12/16: Semester ends.

12/21: Fall 2017 grades available online.

12/23-01/03: Campus closed, no classes.

01/26: Spring 2018 add/drop deadline. After this day students cannot add new classes or leave current classes without withdrawing.

03/02: Tentative date for spring dance with Harry Potter theme.

CLUBS

VETERANS CLUB
Mondays 7:30am SNOD 103

MAT-SU MONITOR
Mon & Thur 12-1 OLB 213

DANCE CLUB
Mondays 2:30 FSM 207

HUMAN SERVICES CLUB
Tuesdays 12-1 SNOD 119

MAT-SU CARBON CREW
Wednesdays 4:00 JKB 114

AK NATIVE CULTURE CLUB
Wednesdays 2:15 JKB 114

MAT-SU RECYCLERS
Thursdays 12:00 SNOD 103

SEX QUIZ

1. T/F: Human Papilloma Virus (HPV) is so common that nearly all sexually-active men and women get it at some point in their lives.[1]
2. T/F: The younger a person is when they start having sex, the greater the chance of getting an STD.[2]
3. T/F: You can get an STD if you have oral sex.[3]
4. ____ out of ____ teens who have had sex wish they had waited.[4]
   A. 1 out of 4
   B. 2 out of 3
   C. 1 out of 3
   D. 1 out of 2
5. Approximately ____ million people nationwide are infected with HPV.[5]
   A. 11
   B. 20
   C. 9
   D. 15
6. Each year about ____ women get cervical cancer in the U.S. Almost ALL of these cancers are HPV-associated. [6]
   A. 1,000
   B. 5,000
   C. 12,000

Answers: 1.True 2.True 3.True 4.B 5.B 6.C

[1,5,6]Centers for Disease Control, updated March 2013, http://www.cdc.gov/std/hpv/stdfact-hpv.htm|[2]Children's Hospital Boston. Acccessed 8/14/09.|[3]Centers for Disease Control. December 2007.|[4] The National Campaign to Prevent Teen Pregnancy.2007.

Think you're pregnant?
Need help?
Call 1-800-712-HELP or 907-373-3456

Had an abortion? Need to talk?
907-373-3456
www.matsupregnancy.com

Want to talk about Sexual Health?
Contact us at: 907-373-3456
www.matsupregnancy.com

HeartReach Center
HOPE • LIFE • VALUE

Monitor submissions policy:

Students are invited to submit articles and letters to the editor to uaa_mscmonitor@alaska.edu or at http://matsu.alaska.edu/office/mat-su-monitor/. The Mat-Su Monitor will not accept anonymous submissions, though with prior arrangement articles of a sensitive nature can appear anonymously. All submissions are subject to editing and will only appear with the approval of the editor(s).

The *Mat-Su Monitor* is the student newspaper of Mat-Su College. The *Monitor* aims to report college news and serve as a forum for student writing. The *Monitor* seeks submissions of news, editorials, and short fiction from all students, staff, and faculty of Mat-Su College. All students are invited to attend the *Monitor*'s weekly meetings. Details on participating in or submitting content to the *Monitor* can be found at http://matsu.alaska.edu/office/student-government/student-clubs/mat-su-monitor/.

The Mat-Su Monitor is funded by the Mat-Su College Student Government Association and our advertisers. For information on advertising in the *Monitor* contact Micah Muer at mwmuer@alaska.edu or 907-745-9758.

The opinions expressed in a *Monitor* article are solely those of its authors. They do not necessarily reflect the opinions or policy of the college, its students and employees, or the wider University of Alaska system.

MAT-SU MONITOR STAFF

Editors
Jewel Burgstahler
Sam Ouellette

Feature Writers
Jewel Burgstahler
Mesa Burgstahler
John Page
Nathan Peter
Saysha Santos
Michelle Sharpe
Twyla Thurmond

Contributing Writers
Thomas Brass
Brittany Harvey
K.B. Holbrook
Dan Luther
Jack Rogers

Photographers
Mesa Burgstahler
Aase Morin
Twyla Thurmond

Advisors
Audrey Badger
Micah Muer

The Real Thanksgiving

By Saysha Santos

We were taught at a young age how the original Thanksgiving happened. That pilgrims escaped from England to find a new land where they could worship God the way they wanted to. Then they used the Mayflower to travel and end up at Plymouth Rock. They get there around winter and met the natives. They made a treaty. Then the natives helped them to survive during the winter and taught them to plant during the spring. To thank the natives the pilgrims threw a big feast. Thus began the long and historical tradition of thanksgiving. But, most of what we were taught is wrong.

William Bradford and William Brewster are men that documented their traveling with the Mayflower. Well, Brewster was a person who better documented the travel. Bradford was the one to really get the ball rolling to leave and escape England in order to separate church and Monarchy. At a young age he felt that you don't need all the bells and whistles to be close to God. All you needed was a group of faithful followers and prayer.

So both men and a few other people escaped to the Netherlands. 12 years later Bradford came up with the idea to leave the Netherlands and head to the New World, in fear of another war breaking out. They also feared that their children were becoming Dutch and losing their English heritage. They needed a willing benefactor to fund their cause to become pilgrims and colonize the new world.

Their broker Thomas Weston was in charge of getting all these separatists on a boat with supplies and on their merry way to the new world with the help of benefactors. Except he didn't do any of those things. The people willing to leave their homes got their own way of traveling to the area at the mouth of the Hudson River (present day New York) on a boat called the Speedwell. They got word from Thomas that the donors were getting cold feet and they would need to take non-separatists on their journey. Thomas also had set up a boat in the South Hamptons, where the other members of their journey would be meeting them. Off they went.

Once they got there, the Speedwell intended to carry the Separatists and the Mayflower to carry the non-separatists. But, unfortunately the Speedwell kept taking on water, so they had to cut down the number of people on both sides and only 102 were aboard the Mayflower. They left port on September 6, 1620, leaving more than half of the separatists in South Hampton and leaving at a later date than planned.

It was a voyage from hell, put in simple terms. Bradford documented that it was the worst conditions. They moved extremely slow; they were sailing against the channel and going about two miles per hour. To make matters worse by late October people on board began to get sick, two people died, and many were looking to follow them. It was not until November 9, 1620 that the crew men spotted land, which was farther north then their intended location.

They were at the tip of Cape Cod. Master Jones, the captain, saved the day by ordering they let the breeze carry them through rough water. He steered around the Cape and into a nice bay. There were many trips to land but for the most part the passengers stayed on board. They sailed a little further down the cost and "parked" the boat about a mile from land. On November 11, 1620 Brewster made the *Mayflower Compact*, which basically states that all pilgrims and non-separatists were going to stick together once on land and become a functional society, in a way. 41 men signed that contract -- about 90% of the men on the boat. Then as a group the men elected John Carver, the rich guy on board, to be their governor.

The land that they had picked to colonize had a sad history. It was a territory belonging to the Pawtuxet Tribe. This tribe and many others were eradicated by a deadly plague around 1616. Sailors in 1619 (when the plague had died down (pun not intended)) had said the places that were once flourishing were now abandoned and empty, with bones littering the ground. The dead were unable to be buried – there were no survivors. A man named Tisquantum or Squanto was a native captured by John Smith's men and taken to England. After some time he was able to escape captivity and made his way back home, only to find his whole tribe gone. He was the last survivor of the Pawtuxet Tribe.

The pilgrims weren't prepare for the harsh winter. They had planned to come in

Continued on page 10

Mat-Su College Student Government is proud announce that 49 individuals participated in the Fall Scavenger Hunt! All participants won a prize, ranging from $20.00 gift cards for Wal-Mart to RC cars. It was a wonderful time for all that participated.

High School Juniors & Seniors
Get up to a $17,000 Scholarship

Graduate High School with up to 60 college credits
Mat-Su Middle College School is now accepting
Spring & Fall 2018 applications
Dual Credit, High School & College Classes
College tuition, books & fees covered
Individualized Learning

For more information.
Call (907)746-8494 or (907)761-3498

Business owners!

The Mat-Su Monitor is a great place to advertise your business or event. The Monitor has a wide circulation, with thousands of copies inserted in the Frontiersman and distributed thoughrout the Valley.
We also have low rates:

Ad Size	Cost, B/W	Cost, Color
3" x 3"	$75	$125
5" x 5"	$125	$175
7" x 7"	$175	$225
Full page	$275	$300
Full page, back	Always color	$375

Moreover, the Monitor runs relatively few ads, which ensures that your ad will stand out. Finally, advertising in the Monitor demonstrates your support for local students. For more on advertising, call **745-9758.**

MAKE A POSITIVE IMPACT IN YOUR COMMUNITY

Play an important role on the Mat-Su College Campus. Being on a committee can help to enhance your career, give you a chance to give back to your community, and give you the opportunity to challenge yourself by helping to shape your society.

Current Mat-Su College Committees open to the student body:

- Board of Elections
- Concert Committee
- Constitution Committee
- Planning Committee
- Dance Committee
- Finance Committee
- Health and Wellness Committee
- Rules Committee

Or join one of the student clubs. Clubs are a great place to meet like minded people, have fun, learn new things and relax.

- Alaska Native Culture Club
- Mat-Su Dance Club
- MSC Veterans' Club
- Mat-Su Carbon Crew
- Human Services Club
- Paramedic Association
- Mat-Su Monitor
- Mat-Su Recyclers

Joining a committee or club looks good on resumes as well as gives you a chance to connect with fellow students, staff and faculty. You owe it to yourself to try them out. If you don't see a club that interests you, you can start one of your own. Student Government will fund you up to $300 to cover expenses. You can pick up a form at the Student Government office in JKB 114, near the café.

Disc Golf Tournament

This fall during finals week the Student Government will be putting on our first-ever Disc Golf Tournament. It will be held on December 11-14 outside the Atrium. There will be three days of separate Disc Golf, all with daily prizes for the lowest scores. There will also be prizes available for those who compete all three days. All students are welcome to participate. There will be free refreshments for everyone. Please stop by the event and let us know how your Finals are doing. Hot coffee will be available most of the day.

Our Fall Dance, The Blast From the Past, was a wonderful night of dancing. (Photos are included in this issue of the *Monitor.*) Over 50 students and their guest participating. Filled with old and new music there was something for everyone to dance to. The food creations were especially good for this dance, with hot chicken wings, a flowing fountain of chocolate, punch fountain, an assortment of finger sandwiches, chips and cookies. The event was fun for everyone.

Top 10 Albums of the 90s

In honor of the "Throwback Dance" -- originally billed as a "90s dance" -- we present this list of the top 10 albums of the 1990s. These are guaranteed to bring back happy memories!

- Ace of Base - The Sign
- Alanis Morissette - Jagged Little Pill
- Garth Brooks - Ropin' the Wind
- Hootie and the Blowfish - Cracked Rear View
- Mariah Carey - Mariah Carey
- Mütiilation - Vampires of Black Imperial Blood
- N'Sync - No Strings Attached
- Spice Girls - Spice
- The Bodyguard (soundtrack)
- Titanic (soundtrack)

HAVE SOME QUESTIONS? TRY ONE OF MAT-SU COLLEGE'S LEARNING SERVICES.

Elizabeth J Fallon Learning Center*

OLB 121 745-9772 http://matsu.alaska.edu/offices/the-learning-center/tutoring/

Tutoring Available in JKB 107

WRITING

Monday - Wednesday 9:00 - 4:00.
Hours vary. Checked posted schedule

MATH

Monday 9:00 - 3:30

Tuesday - Thursday 9:00 - 1:00

***Tutoring is available only for students enrolled in MSC courses**

Hours are subject to change Tutors available Aug 29 – Dec 15

Online Tutoring:

Alaska State Library provides the Live Homework Hotline at tutor.com/alaska from 1pm-2am

www.tutor.com/military for military families who qualify

Khan Academy: Videos (math, science, economics, history) http://www.khanacademy.org/

Foreign Language: http://libraries.mangolanguages.com/alaska/start (includes English)

Writing: http://writing.wisc.edu/Handbook/index.html

http://bcs.bedfordstmartins.com/rules7e/#t_669460

http://www.paperrater.com/

http://blog.apastyle.org/apastyle/

Reluctant Writer

By Fuzzy Logic

What is your biggest difficulty with writing? Do you know what it is? Grammar and punctuation? Getting something down all together? Do you procrastinate or get writer's block? Let's think on it for a moment, shall we? I think clarity is an issue for me, and anxiety of how to begin, too.

Since I was in grade school I have always liked writing; it was one subject in school I actually enjoyed. Writing was a time to let loose and be free. I could be creative, funny, imaginative, serious, and opinionated. I could share my perspective, explore my own inner thoughts in written form, which gave me a better grasp of what I wrote about. It gave me a sense of comfort, awareness and understanding of my thoughts, perceptions, ideas and struggles. In a family as busy and as big as mine, writing gave me a chance to be heard, even if it was just on paper.

My writing assignments were always pretty good. Even my teachers commented on that. I poured my heart and soul, my sweat and blood, into my work and I was proud when I turned in an essay or project. The thing that got me every time I turned in an assignment, especially a big one, was when the teacher would hand them back. Mine would be completely filled with red markings. I was always pretty upset and I thought to myself: "How could I get a B, or even a C, for my grade?" What does it matter if I misspelled something or missed a period here and there. The meat of my writing, the substance, was good! I spent all night on this thing! My reaction was always the same, I was devastated!

I guess I never really thought about it until later in life. When I was a high schooler, the night before I had a writing assignment due I would go to the Tesoro a quarter mile from my house and buy a couple of energy drinks (Rockstar was my favorite). I would cram all night. I sat on my living room floor with my notebook, pen, and white-out. I had no automatic spell check and everyone was usually asleep, so no one would be able to check my work for me.

The next day I would be exhausted and sometimes I would sleep through classes. Regardless, I was usually pretty happy with myself for completing the assignment with literally no help. I turned in my unrevised, spit-out-of-my-head assignment to my teacher, and just couldn't wait to see what I got. I was disappointed, irritated and even a little offended when I did not get the grade I felt I deserved. Now, I knew I could have done better if had spent some more time on it or, had someone correct my work. Darn! I usually made excuses for myself like: "I have my no room of my own so I how could I concentrate"; "I have a job so how could I have had time"; or "my family is too busy to help!" Most of the time I would wait until it became absolutely imperative to tackle the homework, which meant it was only hours before it was due.

So, for me the hardest part of writing is taking the time needed to properly prepare the assignment. Making an outline, a first draft, and then the revised finished product proved most difficult. After taking the little but necessary steps to complete my writing assignments I now know that my grade, and quality of writing improved tremendously!

The technology today helps with grammar and punctuation and having a dictionary, thesaurus, and the endless source of on-line resources available at your fingertips helps too.

Another helpful tool is Live Homework Help, a free online tutor service brought to all Alaskan residents through a grant from the Alaska State Library and SLED, the Statewide Library Electronic Doorway. Live interactive tutoring sessions with real tutors are offered seven days a week from 1:00 PM to 2:00 AM Alaska Time. If a live tutor is not available, a variety of online resources is available 24/7 in various subject areas. You can access Live Homework Help by going to http://lam.alaska.gov/sled/homework/ and clicking the "Live Homework Help" link.

Live Homework Help is an invaluable tool for editing and fine tuning any writing assignment you have.

Finally, Mat-Su College has an available writing tutor on campus that you can schedule an appointment with or pop in when she is not busy too.

Even world-renowned authors have editors, right? Now to the best of my ability I try not to procrastinate. I take some time and bring a rough draft to the campus tutor or Live Homework Help.

Cleaning Your Social Media Presence

By K.B. Holbrook

The New Year is almost here and that means it's time again to start thinking about hunting for summer jobs or for looking for a full-time job if you are going to be graduating in May. As you are doing your research on potential future employers, don't forget that they may be doing research on you. According to a 2016 careerbuilder.com study, 60% of employers use social media to research job candidates and 59% research potential employees with a search engine. So now that you know future employers are going to be Facebook stalking you, what are you going to do about it?

How I see things, there are two routes to protecting your online image, either clean up your social media to where you would be happy with anyone seeing it, or make it extremely private so no one can see it. I personally go for a combination. The first option is the easiest. Delete everything you don't want a future employer to see so there's nothing to see. Remember that you can't delete photos that you have been tagged in, but you could untag yourself. That photo of you shot-gunning a beer may have seemed cool when you did it back in 2015, but today is probably not want to you want to advertise to the world. Most important, make sure you are happy with your profile picture as these are often viewable even when your accounts are private.

If you don't want to sort through your whole social media history, adjusting you privacy settings is another option. This should include all social media platforms: Facebook, Twitter, Instagram, tumbler and whatever other newfangled social media apps kids are using these days. Adjust your privacy settings accordingly. If you don't want employers seeing what you post, make it private, I recommend friends only. Be careful with "friends of friends", Alaska is a small state and if you have a buddy that works at the company, that option may not secure anything. Even if you have adjusted your privacy settings before, double check; Facebook especially is notorious for constantly changing their privacy settings options.

MATH **Fridays with Faculty** MATH

December 2, in SNOD 103.

You must check the schedule posted on the door of that room for the times that faculty will available for assistance. The room will be available from 8am to 3pm.

Digital New Years Cleaning is Easiest When You Have Nothing to Clean

By Micah Muer

Career Counselor Holbrook's article ("Cleaning Your Social Media Presence") is a great reminder that our "digital footprints" -- the record of what we do and say online -- can be large and long-lasting. In many cases it is impossible to erase our past online activity. Many sites don't provide a "delete account" option, and even when they do, our content may have already been stored forever by search engines and sites like archive.org.

Instead of trying to scrub away your digital footprint, then, it is better to not make one in the first place. Here are some tips and tools to avoid sharing too much about yourself.

bugmenot.com: Have you ever created an account for a website you used only once? Stop doing that. Every time you sign up for a new site you are taking a risk. Some risks are small: giving personal information to unscrupulous website operators. Some risks are great: having your email address and password made public when a site is hacked (see https://haveibeenpwned.com). One way to avoid signing up for websites altogether is to use bugmenot.com. bugmenot.com is a database of throw-away logins for thousands of websites.

mailinator.com: if the website you need to use has no pre-made login on bugmenot, go ahead and create an account. If this is a site you don't care about, don't use your real email address. Instead, use a mailinator.com address. Mailinator.com provides throw-away email addresses that require no registration. The way this works is simple. When a site wants your address, enter one in the form of anythinghere@mailinator.com. You can check that inbox by visiting mailinator and entering the address. This is very handy for when you need to click a link in an email as part of the account creation process.

justdelete.me: It's a good idea to delete any online accounts you don't use. Most reputable sites allow you to delete your account, usually through a link in the settings or profile section. If you can't find the link, or if it want to know how easy it will be to eventually delete an account, visit justdelete.me (which currently redirects to http://backgroundchecks.org/justdeleteme/). This site provides instructions for deleting accounts on hundreds of sites. It also ranks each site on how easy it makes it to delete your account.

Brigadier General Benjamin Cassiday Jr. III

By Saysha Santos

Life is an amazing gift and people do extraordinary things in their lives each day. Some finish school, some get jobs, some start families, and some start a chain reaction that can shape the future. Brigadier General Benjamin Cassiday Jr. the third was one of those people. He lived his 99 years of life doing amazing things. Born in Honolulu, Hawaii, Brigadier General Cassiday was exposed at a young age to the joys of flying, due to his father Benjamin Cassiday Sr., who was a balloon pilot. At 18 Cassiday Jr. joined the military. He graduated at 21, in 1943, from West Point. There he received his pilot wings and commission as second lieutenant. The first plane he ever flew was a 3 engine aircraft called the "Fokker".

On the United States Air Force website it lays out exactly the dates, places, and number of missions Brigadier General Cassiday Jr. had been on. From the time he graduated in June 1943 till the time he retired December 1, 1972, he completed a total of 4,500 flying hours and 290 hours in combat missions. Not only that but he received 8 awards for fighting in the Vietnam War and World War 2. He was given *The Air Force Distinguished Service Medal, The Silver Star*, *The Legion of Merit*, the *Oak Leaf Cluster in Lieu of a second award the Legion Merit,* and *A second Bronze Oak Leaf Cluster in Lieu of a third award of the Legion of Merit*. He also received a *Soldier's Medal For Heroism* (voluntary risk of life not involving conflict with an armed enemy) and *Bronze oak Leaf Cluster in Lieu of a second award of the Soldier's Medal for Heroism* (voluntary risk of life not involving conflict with an armed enemy).

Awards are great -- they are a show of appreciation from the U.S. to dedicated and willing soldiers. But Brigadier General Benjamin Cassiday Jr. had more than awards. He had friendship from all the lives he has touched. In 1955 to 1959 he was Deputy Commandant of the first Air Force Academy class. Graduates were always in touch with Mr. Cassiday. Every birthday he received an email and phone calls from all of them. Just a few months before he past they honored him with a plaque, which held all their names on it. Bet you didn't know he helped put together the Air Force Curriculum for that first graduating class. Not only did he do that but he helped to write the Honor Code for the Air Force.

He was also great friends with Chuck Yeager, that right the first man to break the sound barrier. But he wasn't just friends with Chuck, he was best friends with Robin Olds. For those of you who don't know Robin Olds is he was a *triple ace*, he had 16 victories in World War II and the Vietnam War. There are books about him, and some that he wrote with Mr. Cassiday in it. The Air Force even has Robin Olds day, where all the men grow out their mustaches to match the famous Olds.

Brigadier General Benjamin Cassiday Jr. has served in the Royal Air Force, US Air Force, US Army Air Corps, and the US Navy. For 4 months he was also a member of the U.S. Olympic tryout team for the 400-meter hurdle. But wait, there's more! He is single-handedly responsible for the Reserve Officers' Training Corps (ROTC) program in high schools all over the U.S. He was even a test pilot for Howard Hughes.

In his 2014 interview with Kelly Lambson in Honolulu, Hawaii, he tells us about his experiences, about his life. It's about an hour long, please take the time to watch it, he is a piece of history. How about a funny story before closing this biography? In 2001 Michael Bay had released the 'Pearl Harbor' movie. In making the movie they needed a place for the General's command center so they used

Brigadier General Benjamin Cassiday Jr. III
July 25, 1922 - September 21, 2017

Brigadier General Benjamin Cassiday Jr.'s living room. Not only that but they were casting for generals in the movie, so Mr. Cassidy went upstairs and put on his uniform. He came down stairs and everyone laughed. The director said "well, I guess you got the part". He was a good man. I've had the pleasure of meeting him once or twice and the stories don't do him justice. He is surely going to be missed.

Gift Recommendations

By Michelle Sharpe

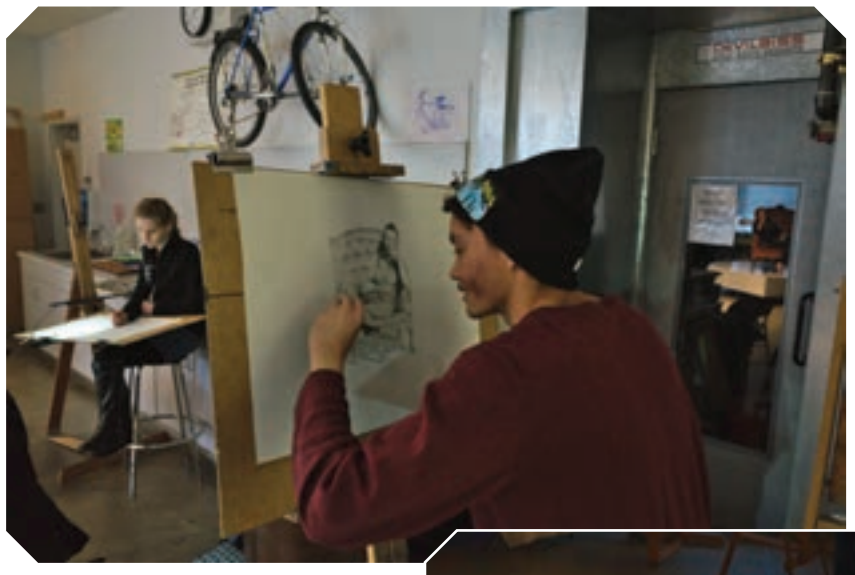
Greetings there fellow human beings! It is beginning to look a lot like that time when the majority of the U.S. population begin to celebrate numerous holidays that involve gift giving, spending time with family, and spending even more time in line at the store because some people procrastinate and put their holiday shopping off until the last possible minute.

This time of year can be pretty stressful, especially for students, with finals coming up, worrying about family visiting or planning to go visit family, buying presents, dealing with increased traffic as well as increased crowds at the stores, etc. Just thinking about it is enough to give me anxiety and I am currently residing in a town so remote that my address is "the little brown house behind the bar" or, "that one house with the bloodhound that's across from the school." True story.

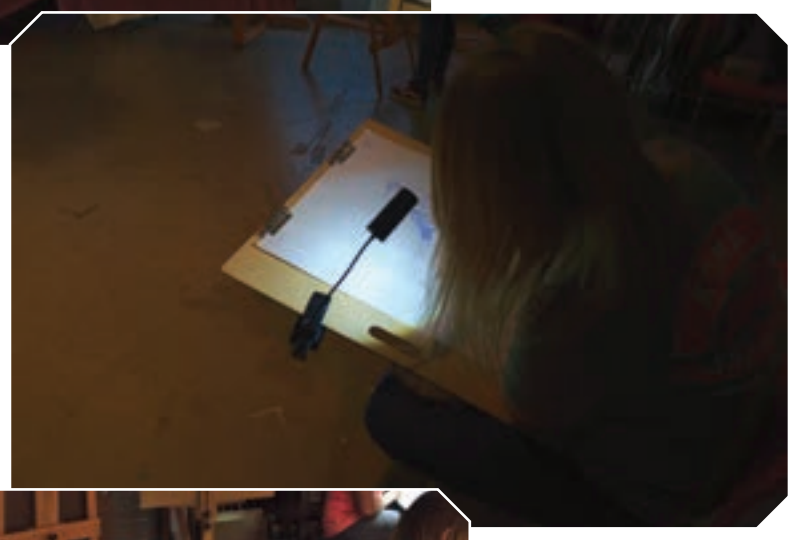
If you are not a good gift giver, fear not! I am here to help you out. I'm not saying that I myself am a fabulous gift giver, but considering the fact that the vast majority of my gifts end up being used by the recipients, I think I'm pretty competent. So here is a list of gift ideas that should be fun for anybody.

1. For work colleagues/work secret Santa: Honestly, for these things, the less effort you put into it the better. Unless you *really* care or at least don't mind working with them all that much, I recommend getting a handy dandy Gift Card to some place like Fred Myer or Target. If nothing else, having $25 extra to spend on groceries is enough to make anyone smile.
2. For that person who is impossible to buy anything for: It's actually not impossible to buy something for this person. If you know someone who doesn't really have interests or hobbies and seems to not know what they want, *always* go practical. Get things that you know will be needed. Every year in my house, everybody gets socks, floss, tooth paste, gloves, and a new pair of slippers that you can slip on to go out and start your car. These gifts might sound lame, but they are actually really nice and handy to have, and that person who usually acts empathetic when they open their presents will totally be using these things later on.
3. For the nerds: Honestly, this is a no brainer. Unless they have a specific item in mind that they want, get them a gift card to either Barnes and Noble or GameStop. If you know that they are obsessed with a certain thing, go out and look for shirts or cozy items for them to sport. I

Continued on page 10



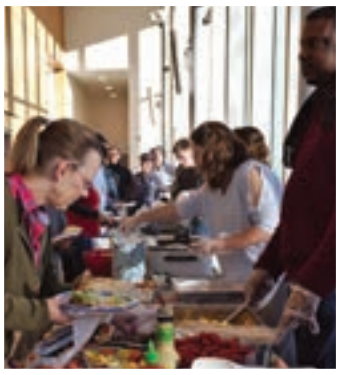
FROM THE STUDIO



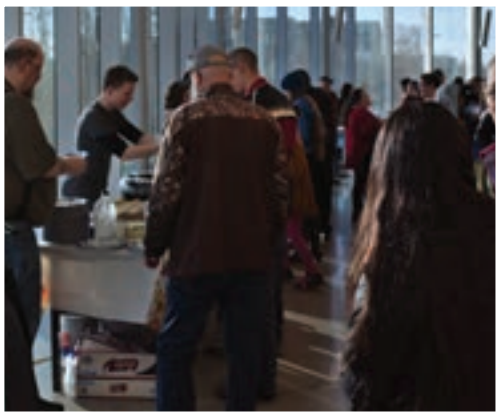
Mat-Su Monitor
Winter 2017

HEYI NIŁTU
ALASKA NATIVE HERITAGE MONTH CELEBRATION

At Heyi Niltu -- an event at the Matsu College on Nov 7 -- many gathered to celebrate the history and traditions of Alaska's Native People. An array of food, including a rare delicacy (muktuk/whale), was shared with those that attended. There was fellowship with Elders, youth, the dancers, staff, and students who all came together to participate in the annual event.



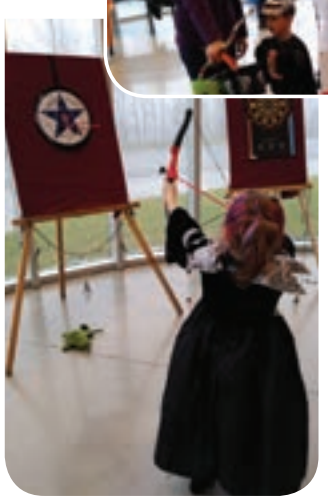
Dancers from all over Alaska eloquently performed traditional Alaska Native dancing with groups from around Alaska. Eskimo dancing of their ancestors was banned by Christian missionaries in the late 19th century as primitive idolatry but has since been brought back, recaptured and rediscovered. The dancing was built for practicing endurance and balance as well as coordination for hunting. The dancing is also a form of prayer, a very important part of our healing journey not just individually, but collectively. The event honored culture, elders, and warriors too who've allowed the Alaska Native people to maintain their identity throughout history.

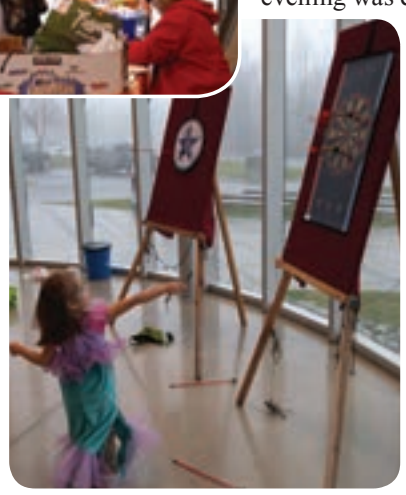


In addition, various booths from the Mat-Su community were onsite, including Human Service entities sharing available resources. Knik Tribe was also available to encourage tribal membership enrollment. Also present was a well known local Alaska Native Artist, Percy Avugiak, with a variety of paintings on display for purchase.

Halloween Fun

Student Government Council sponsored a day of fun events. All of the festivities were held inside the Glenn Massay Theater on the Mat-Su College Campus. First came a day-long event for students and their children at which many games were played and 400 pounds of candy was given out. Next came an all-ages presentation by astronomer Dr. Kevin Manning. (Special thanks to the Alaska State Library for helping to finance Dr. Manning's tour of Alaskan communities.) The evening was capped off by a free showing of the classic film Jurassic Park.



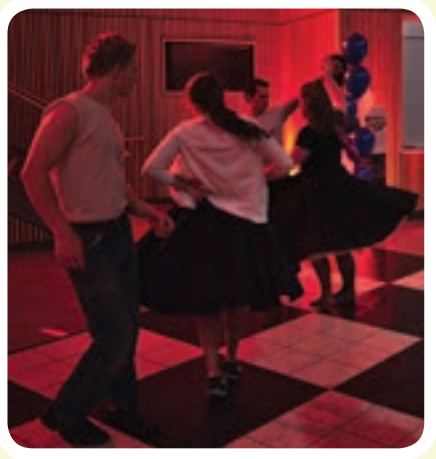


A BLAST OF THE PAST

On the night of Friday, November 3rd, Student Government Council and Dance Club held a free "Throwback Dance." The dance, open to all students and their dates (provided they were over 17), featured music and dress from the 1950s forward. The event was held in the lobby of the Glenn Massay Theater. A record number of students attended.

Special thanks to Student Government Council and Dance Club for doing the set-up and clean-up, purchasing the food and drinks, hiring the DJs, and arranging all the other details.

To help organize the inevitable spring dance, attend a meeting of Dance Club or Student Government Council!



For the annual TREES OF THE VALLEY celebration, the Glenn Massay Theater was transformed into a holiday wonderland, with Sparkling holiday trees decorated by local businesses, free cups of hot cocoa, candy canes, living reindeer, Santa Claus and his many elves, singers, and a holiday movie (the Santa Clause starring Tim Allen).

The free event was extremely well attended. The holiday trees will be on display for the remainder of the holiday season.

How To Play 'Two-Hit' Footbag Games

By Dan Luther

Footbag or 'Hacky Sack' is a game played with a person's feet, knees, head, and any other part of their body except from the elbow down to the hand. The objective of footbag games are to keep the footbag from touching the ground by kicking it back into the air. In this instructional pamphlet you will lean:

- How many people it takes to play.
- How to kick the footbag.
- How to play three variants of a 'two-hit' game. All you need to play is a footbag and friends.

How many people it takes to play

Though footbag can be played alone or against a wall, the games outlined in these instructions are more suitable for groups of anywhere from two to as many as eight people in a circle. Anymore than ten people makes it very difficult to pass across the circle of players. With the three variants described in this article, playing with three to five people would be ideal.

How to kick a footbag

As mentioned in the beginning of these instructions, this game involves most of a persons body. That being said this article will only cover a few basic ways to kick the footbag. Three basic ways to kick a footbag:

A. **The inside of either foot**. To use the inside of the foot a person would start by bringing their knee up and outwards simultaneously swinging their foot forward keeping their ankle at a ninety degree angle to strike the footbag upward using the flattest part of the side of their shoe.

B. **The outside of either foot**. To use the outside of the foot a person would bring their knee up and inward simultaneously swinging their foot back or to the side keeping their ankle at a ninety degree angle to strike the footbag upward using the flattest part of the outside of their shoe.

C. **The top of either foot**. To use the top of the foot a person would bring their foot up, while 'pointing toes', to strike the foot bag upward with the top of their shoe.

Two-Hit Pass

Objectives:

- Keep the footbag from hitting the ground
- Pass the footbag to other players after kicking it upwards twice
- Try to get all players in circle to kick the footbag and pass it without it touching the ground

Rules:

A player cannot kick the footbag more than three consecutive times or it will count as the footbag hitting the ground.

Two Hit elimination

Objectives:

- Keep the footbag from hitting the ground
- Be the last player in the circle

Rules:

- A player cannot kick the footbag more than three consecutive times or it will count as the footbag hitting the ground, eliminating said player from the circle
- A player must kick the footbag two times upward before kicking it a third time 'to' another player
- A player is eliminated from the circle if the footbag is in their control and it hits the ground
- The last player still in the circle wins

Two Hit Kill

Objectives:

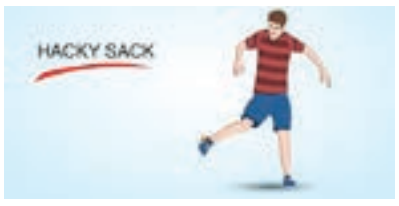
- Keep the foot bag from hitting the ground
- Be the last player in the circle
- Eliminate other players

Rules:

- A player cannot kick the footbag more than three consecutive times or it will count as the footbag hitting the ground
- A player must kick the footbag two times upward before kicking it a third time 'at' another player
- A player is eliminated from the circle if struck with the footbag by another player on their third kick.
- A player, if struck, can avoid elimination by kicking the footbag with any part of their foot before the footbag hits the ground
- The last player in the circle wins

Footbag games are a great way to pass time, bring friends together, stay in shape, and just have fun. If a players skill level increases they can adapt the game variants to three hit or four hit.

CAUTION Playing footbag games can cause injury or damage of property and can also be physically demanding. Please play responsibly.



Call for Committee Members

Support your local electric cooperative and represent your community. We want your input, ideas and recommendations.

MEA has open positions on both the Election Committee and Bylaw Committee. For more information, please visit **www.mea.coop/about-mea/get-involved.**

MEA
MATANUSKA ELECTRIC ASSOCIATION

Plastic Bags *continued from page 1*

time, most consumers still preferred paper bags. Fast forward to present time and 500 billion plastic bags are used globally each year and 50% of those will only be used one time.

It is by no surprise that Exxon Mobile is the company that first introduced plastic bags to the United States. Call it a coincidence that plastic bags are made from oil and natural gas, both non-renewable resources, products that have a significant impact on the environment even during extraction and production. To put things into perspective the U.S. goes through 100 billion bags a year and it is estimated that it takes 12 million barrels of oil to make that many bags. The cost of a barrel is ever fluctuating and is, the last I checked, $49.56 a barrel.

Plastic bags are made from the most ubiquitous plastic known, polyethene. Most grocery bags are given the code No.2 and the thinner produce bags are No.4. These two types can be recycled while most others cannot, but can be reused in the home and then disposed of. Recycled plastic bags can be chopped into pellets and then made into more plastic bags, but it is more common for the bags to be sent to a company like Trex to manufacture into plastic lumber for decks or siding.

The chances of a plastic bag being successfully recycled is 0.5%-3%. Those few bags that do make it back to be "recycled" can be shipped to a foreign country where the country doesn't have regulated recycling policies and the bags are burned. Burning plastic bags puts toxins into the environment. Chemicals such as carbon dioxide, dioxins and furans are released into the air. Dioxins and furans have both been known to cause cancer. If simply put into a landfill plastic bags take a long time to disintegrate. Anywhere from 20-1,000 years. That doesn't mean that these bags become less lethal and they break down into the same former atoms they once were. Instead they break up into tiny pieces known as microfibers or "mermaid tears."

Plastic bags have had an extreme impact on human and animal lives. Disaster struck in 1988 and again in 1998. Bangladesh had major flooding due to high amounts of rain fall. The water couldn't drain properly due to the plastic bags that blocked the waters way. This resulted in there being knee deep water for weeks. This caused a rise in malaria as the pools of warm water were the perfect breeding grounds for mosquitoes. This led the Bangladesh government to completely ban the use of plastic bags. They put extreme fines and jail time on anyone that was caught using, distributing, or manufacturing plastic bags.

Even more devastating is the effect that plastic bags have had on the environment and the animals that live there. Marine wild life and sea birds have been greatly impacted by the plastic bag litter. Plastic bags are commonly mistaken for food by turtles. In the water they look very similar to a jelly fish which is their main source of food. One in three leatherback sea turtles have plastic (plastic bags) inside of their stomachs. The plastic blocks the digestive tracks and then releases chemicals that affect the turtle's buoyancy and the turtle is left unable to dive to hunt for food. They in turn die of starvation. That same bag can then go on to kill a sea bird that eats the bag after the turtle has passed. One bag can impact many different lives, during oil extraction, plastic bag manufacture, and then again and again after production. Furthermore, the chemicals and toxins that are released in the ocean have tremendously raised the pH balance of the ocean. This affects many of the smaller life forces in the ocean causing them to die off causing the birds and fish to have a smaller food supply and they starve.

With this information, a simple conclusion can be made. Plastic bags, and all other plastic products, are making a negative impact on our environment, the wildlife, and even humans. The best possible solution to this problem would to be to cut back and even cease all use of plastic bags. The use of canvas bags is a fabulous substitute and they can be used for many years to come.

MAT-SU RECYCLES
Thursdays
12-1:00
SNOD 103

Dance Club MSC

Dance Club

Mondays 3:30 FSM 207
For more information contact Contessa Smethers at csmethers23@gmail.com

Monitor

MEETING TIMES
Mondays
&
Thursdays
12:00-12:50
OLB 214
(upstairs in the Library)

Looking For
- Photographers
- Writers
- Reporters
- Marketing Reps
- Cartoonists
- Artists

Now taking submissions: Next deadline for entries: February 5 2018

Alaska Native Cultures Club Mat-Su College

We meet every Wed 2:15 JKB 114
Visit the STUDENT CLUB CALENDER on the Mat-Su website: http://matsu.alaska.edu or e-mail us at: MatSuANCC@gmail.com

MAT-SU CARBON CREW MSC

Mat-Su Carbon Crew

Meetings Wednesdays JKB 114 2:15-3:00.
For more information contact Jack Rogers II 745-9759

Human Services Club

The information gateway between community help organizations and the Mat-Su College student body.

Tuesdays 12-1

SNOD 119

America's Military has proven time and again that they are willing to answer the call when it comes to protecting America. The transition from soldier to student can be a daunting experience.
The **Student Veterans of Mat-Su College** has been created as a place for all individuals, regardless of military affiliation, to get together and support each other while enriching our lives through the pursuit of continuing education.
Membership is open to anyone who would like to become involved. For more information on the Student Veterans of Mat-Su College, find us on Facebook at https://www.facebook.com/groups/studentveteransofmatsucollege/ or email us at studentveteransofmatsucollege@gmail.com **Veterans Club Meetings Mondays 7:30 - 8am SNOD 103**

Mat-Su Arctic Dragons

Phi Theta Kappa Honor Society

Phi Theta Kappa

Paramedic Association MSC

Paramedic Association

Paramedic students plan and organize various safety and health activities for the campus and community, including CPR classes. For more information contact: Dane Wallace 746-9329

YOUR CLUB'S AD COULD BE HERE!

CONTACT THE MAT-SU MONITOR FOR MORE INFORMATION.

MUSICIANS GUILD

Looking for instrumentalists & singers.
We play Jazz, Blues, Funk and Classics
Interested?
Contact John Brahaney 907-231-5747 for more details.

Ask Sophia

Welcome to Ask Sophia, the Mat-Su Monitor's regular advice column. II you have a question you'd like to see answered, email it to sophia@matsu.alaska.edu or submit it in the Ask Sophia box in the FSM front lobby.

Q. Dear Sophia, I'm pretty sure I just failed my midterm. ~Signed Future Stripper

A. Dear (hopefully not a) Stripper, I'm sure that by now you've gotten your midterm grade back - I hope it was better than you expected. If not, don't give up hope! You'll just have to work extra hard on your assignments for the rest of the semester. Manage your time wisely and don't procrastinate, and I'm sure you'll pass! It will probably be difficult and exhausting, but it will be worth it to not fail the class. And remember, even geniuses like Thomas Edison met with many failures in life, but kept trying until they found success.

Q. Dear Sophia, I remember from orientation there was a counselor for students. Please explain how to get into the program. ~ Signed Wondering.

A. Dear Wondering, Mat-Su College offers academic advising services, and can provide you with access to mental health counseling through Mat-Su Health Foundation. I recommend stopping by the Student Services office, right inside the entrance of the Fred and Sara Machetanz building. They should be able to point you toward the type of counseling you're looking for.

Q. Dear Sophia, I have lost many friends that are dear to me, but I do not know how to tell them I am sorry. You can say sorry so many times, but it still does not change the fact of what I did. I know people make mistakes and people can learn from them too. I just want my friends to know that I never stopped caring about them. When I walked into this college 3 years ago, I didn't have good friends until I met a group of amazing people. They changed my world forever. I know I will never be friends with them again, but it does not mean I will forget them. I know we grow up and things change, but it doesn't mean you have to forget the memories! Love,Friend.

A. Dear Friend, I am sorry you have lost friendships that are near and dear to you. Apologizing can be tricky. There are steps to take that may be helpful.

How to Apologize Appropriately

Step 1: Express Remorse genuinely. Every apology needs to start with two magic words: "I'm sorry," or "I apologize."

Step 2: Admit Responsibility. Next, admit responsibility for the actual actions or behavior, and acknowledge what you did that hurt or upset the person. (Using detail helps.)

Step 3: Offer to make amends and set aside either the wrong doing or thing that was done that damaged the friendship initially.

Step 4: Promise that it won't happen again and in that share steps how you will personally make steps towards changes in yourself or how you have changed which will lead to the upset not reoccurring.

It is with these important steps that will allow the person(s) to fully understand that you are truly sorry. From this you may or may not achieve a resolve. Knowing that we cannot make anyone understand or forgive us is important too. Sometimes it is time that heals wounds either for them or for you both. Know that no one is perfect and we all make mistakes. In that, forgiving yourself is key to moving in. Try not to dwell on the lack of understanding from your friends in their inability to forgive you.

Share with your friends that you will never stopped caring about them. Share that before you walked into this college 3 years ago, you didn't have solidarity in close loving friendships until you met them. Share HOW amazing they are in detail and that they changed your world forever and how they did that. You never know this could potentially reignite the friendship you once had. If not, take this experience and hold true to what the friendships and bonds created in these amazing people and make more amazing friendships like the ones you had with your beloved and cherished lost relationship you had with the group of friends you speak of. We all grow and learn as years pass and things do change, but it doesn't mean you have to forget the memories!

Here's how it works: A R C T I C D R A G O N

is B S D U J D E S B H P O

One letter stands for another. In this example the letter B stands for the letter A so all the Bs stand for the letter A, Ds stand for C, etc. Single letters, apostrophes, and word length are all clues. The code letters are different for every puzzle.

E K V M O K M V E G S M H M E G V P M D S I F D O E

S D J M M J M B S D P . G S M F L B M W M L W C M T S L

M F H B D K M G S D G V P M D G S M H M G G M B -

H V C C O X M

IN YOUR ELEMENT A to Z

O	I	L	A	K	L	A	U	I	Z	I	N	C	M	Y
D	R	E	A	G	E	N	T	T	H	G	I	L	A	C
I	K	E	L	V	I	N	G	L	N	M	I	I	N	N
U	R	N	Z	T	C	O	M	P	O	U	N	D	O	E
Q	E	T	T	E	R	U	B	T	T	V	S	I	R	L
I	T	E	S	S	T	L	A	S	O	I	U	C	T	A
L	E	Y	C	N	E	U	Q	E	R	F	L	L	C	V
N	M	V	T	A	E	H	L	E	P	C	A	A	E	L
B	O	I	L	I	N	G	P	O	I	N	T	T	L	O
X	R	A	Y	D	S	N	O	T	S	A	O	I	E	S
R	A	E	L	C	U	N	E	L	L	B	R	B	K	T
I	B	E	M	Y	Z	N	E	Y	A	E	A	R	T	H
D	I	C	A	G	G	O	S	D	N	H	A	O	O	S
Y	M	E	T	A	L	T	N	E	L	U	O	J	P	T
I	R	A	M	S	A	L	P	E	Q	E	V	A	W	E

Circle the words from the list below. Place the leftover letters in the spaces for a special message!

_ _ _ _ _ _ _ , _ _ _ _ _ _ _ , _ _ _ _ _ _ _ _ !

ABSOLUTE ZERO	ELECTRON	LIGHT	TALC
ACID	EARTH	MAGNETIC	TORR
ALKALI	FREQUENCY	METAL	VOLT
ATOMIC	GAS	NUCLEAR	UNIT
BAROMETER	HALOGENS	ORBITAL	VAPOR
BOILING POINT	HEAT	PLASMA	WAVE
BURETTE	INSULATOR	PROTON	X-RAY
CATALYST	ION	QUARKS	YIELD
COMPOUND	JOULE	REAGENT	ZONE
DENSITY	KELVIN	SALTS	ZINC
ENZYME	LIQUID	SOL	

A Letter From The Mayflower

A fictional story written by Saysha Santos

My Dearest Edith,

It is now October 20, 1620. The nights grow longer now that I am no longer by your side. How fare you? Has your day been filled with longing, much like my own?

The crew is filthy and uncivilized. I pray each night for their souls, much good that might do. Sir Bradford assures us each day of God's work and our mission. But, I am saddened to say that I carry heavy words. Matthew has fallen gravely ill and I fear he will not make it, but I put on a brave face and continue to encourage him to hang on a bit longer. He has asked me to pass this onto you in hopes that you will share it with Ellen.

"My flower, it seems I will not be able to build you that garden we have talked so fondly of. My health is failing and I will not make it to the New World. It pains me to leave you with nothing but my everlasting love. John has been filling my head with what awaits us when we hit land. Can you imagine, the endless fields of blooming flowers and farmland for miles? I can. I want to speak more but I know the fewer words the better. Farewell, my love."

Each day his skin becomes paler and others on board are looking like they might be sick as well. It could be due to the space upon the Mayflower, which is cold and dreary, nothing compared to the night I spent lying in your warm embrace.

Maybe you might meet me in the new world after we have claimed a land of our own. I will have built a home for you and our child. Although I pray you travel in early spring, the sea takes prisoners into her dark depths as she rages during this harsh fall. This time is not fit for a mother and her child. Our child that now grows within you. I met a young girl on board named Leslie. Cute name, is it not? Maybe Byron, should by chance it be a boy. I will give this letter to the Captain. He promised us once he heads back to England he will deliver it.

No matter what it will be -- a he or a she -- I shall love it all the same. I have wrote you many letters and many more. I pray you receive all of them and that they bring you comfort to know that I am well. I will tell you one good thing about this journey that has made leaving you even close to worth it. The night sky. The Lord could not have made it any more beautiful. I found it a sight to behold, unlike anything we have ever seen.

I can say no more for it is late and Matthew needs my tending.

All my love.

John.

Political Open-Mindedness!

By Thomas Brass

I'm going to start out by saying that all of the riots and violence at the colleges in the lower 48 is reprehensible. I understand being able to protest and I agree with having the right to do so, but when the protest starts hurting people or damaging property, that's when it stops being a protest and starts being an act of terrorism.

http://www.webster-dictionary.net defines *terrorism* as "the practice of coercing governments to accede to political demands by committing violence on civilian targets; any similar use of violence to achieve goals." I cannot see any term that could be a better description of the rioting people.

When I first heard of the rioting, I was totally surprised that it was being done on college campuses. Even though I am aware of the stereotype of most members of academia, professors/instructors being acutely liberal, I always thought universities were where differences of opinion were encouraged to be debated, safe places to express your mind.

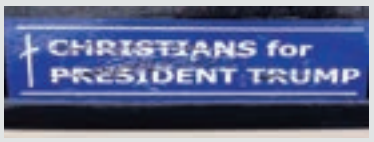
Even with these riots in full swing, I felt that our little school here in the Mat-Su Valley was above this sort of thing. We have more mature and open-minded students that might not like what someone else was saying or displaying, but instead of resorting to violence, would either ignore or discuss the difference of view.

I find that I was wrong, maybe even naive.

On October 5th, 2017, I discovered the bumper sticker of my car was vandalized here in the parking lot right outside the back door of the Cafe. It was on my back window and when the individual did the scraping, they put some gouges into the frame around the window.

Yes, it was a political sticker. I had a feeling the sticker might cause a scene, but I never expected permanent vandalism. I was hoping to provoke discussion, maybe a little debate, but no, my unguarded vehicle gets attacked. I thought we were better than this.

The vehicle isn't even my vehicle. Imagine the shame I went through having to explain to the vehicle's owner what one of my fellow classmates, at the school that I'm so very proud to attend, did to their property. All of this hatred, all around the country, is being done by Democrats to Republicans. It's always against this current presidential administration and their affiliated party. Why is it okay to do these unthinkable things all in the name of political opinion? Is violence considered free speech? When has it been okay to violate someone's rights because you have a difference of opinion?



Students *continued from page 1*

are, at your own pace. While we typically proclaim high school to be the "me" time, this is increasingly unrealistic as American primary education stagnates in bureaucracy and serves to accomplish little beyond teaching young people that school is something they do to get the maximum amount of vowels on their little report cards. Therefore, college is destined to usurp high school as the "wonder years" period of the American student's life -- a restructuring that is occurring not only in class, but at home as well.

There is no longer any such thing as "normal," if indeed it ever existed. The concepts of normal education, normal family and normal relationships are undergoing a gradual mutation as we become a more connected world. Indeed, what is considered atypical is becoming the new standard, regardless of what our increasingly desperate society claims. Although it can be challenging to go against what our corporate overlords define as normalcy and success, these increasingly atypical students and family units are encouraging us to have a new conversation. A conversation discussing what we want for ourselves and what works best for us.

To conclude, and bring focus to a litany of ideas that are frankly provocative: working a dead end job just to pay your rent is not worth the toll it takes on your emotional well-being. Although society tells you to move out as soon as you can, I implore you to reconsider. Think carefully, think about your future and apply some logic to your situation. If you don't want to work the dead end job to pay the rent for your overcrowded apartment, it is therefore logical to live at home. Finish your degree, and move out on your own terms. When you hear that little voice telling you that you suck for living at home, you're actually hearing the insidious whisper of greed driven consumerism! This consumption-motivated monster is hungry to devour your soul and turn you into a corporate drone whose only joy in life is telling yourself that your aunt will send you a box of pears for Christmas. Be smart about your future, maybe you're right and they're wrong.

Gifts *continued from page 5*

am a huge *Doctor Who* and *Star Wars* fan and literally screamed when I received buttons once. So if you have a kid or adult, take note of what they're interested in and go out and get them something fun. Hot Topic is a great place to go for shirts and accessories as well as buttons.

4. For the poor people in your life who own a car: If you are a parent or you have a significant owner and you know someone who might not be able to afford to properly service their cars, get them an oil change or a windshield replacement! It does not have to be expensive, groupon often has excellent deals in regards to cars.
5. For people who need to get out more: If you feel like your loved ones and you don't do enough and that maybe a new hobby is in order, invest in some lessons together! If you have a daughter who loves the *Hunger Games*, maybe invest in some archery lessons. Have you been interested in trying fishing? Get some poles and a tackle box. It's so easy to get sucked into social media and television, investing in a new hobby might be a fun alternative and a great way to spend quality time with your loved ones even after the holidays have ended.
6. For the musical person: Does your person play an instrument? Ask if they need any accessories for their chosen instrument. Do they play guitar? Perhaps purchase some strings. Reed instrument? Buy some reeds. Do they just really like a band or love music in general? Get them a gift card to iTunes or GooglePlay.
7. For the people who need/like to relax: Bath related gifts are usually pretty bland gifts, however, soothing socks, reusable heating pads that are designed to be put on sore muscles, sleeping masks, and electric blankets are all really great items to have. If you know the person loves tea, coffee or chocolate, maybe put together a gift for the most relaxing evening ever. Get them some tea, an infuser, maybe a nice fleece blanket or a scarf, with a candle and movie. This person will love you for life. Probably an ideal gift for introverted friends or people who don't like to leave their house. They will love you.
8. For that person who you have to buy a present for but you really do not like: Clearance section is your friend. Do not spend more money or energy than you have to. Those disgusting sausage and cracker barrel kits will be fine. That person probably isn't going to get you anything anyway.

And there you have it. Here is a tip if I did not recommend anything suitable for a person you know. If they have an Instagram account, go on there and browse what they have pinned. Even if you don't have a lot of money for a gift, maybe surprise this person by cooking them a delicious meal that they had tagged in their recipe board.

Another tip for making sure that you get someone the perfect gift is to ask them. If they do not give you a definitive answer, check above.

My number one tip for this time of year is to not stress on gifts too much. If you're someone who stresses over getting people the perfect present, just know that the best gift your loved ones can possibly have is the fact that they have someone like you in their lives.

Happy Holidays!

Thanksgiving *continued from page 2*

spring but because of so many setbacks they left during fall. People were dying one after another, they had built one big house on land to protect themselves from the natives, after hearing a native war cry. They were so frightened that they took the extremely ill and the dead and tied them to trees at night to make it look like there were men standing guard. They even buried the dead at night so the natives would not know of their decline in numbers. Then they tried planting corn on the grave in hopes to deceive the natives for the mounds.

Really there was no need for this caution. The Pokanoket Tribe was watching them and were the first to understand that in order for both to co-exist on that land they would need to befriend each other. Once winter had passed, Tisquantum had learned the English language from captivity, walked into the "village" and spoke to the people. Which stunned them, he explained that his people want no harm, and he translated for both sides. Thus the treaty was born. Now Bradford at this point had passed which wasn't too much of an information loss because Brewster was better at documenting everything and not changing or leaving anything out of his writings.

Once spring officially came to the land, the Mayflower left for England. Master Jones died a week after landing back in England and the Mayflower was sold for scraps. Tisquantum stayed and helped to teach the pilgrims all that he could. He taught them how to properly plant corn, to fish, and hunt beaver. Now there was no mention of thanksgiving in Brewster's writings. There was no feast to thank Tisquantum or the Pokanokets Tribe. He just said that they all gathered to eat the bearings of their harvest and Tisquantum showed up with 90 of his men. They stayed for three days, hunting to help bring other food to the table and played games. Thus the "birth" of Thanksgiving.

It wasn't very merry after that though. Thomas sent another ship with more people and no supplies, canceling their funding due to the fact that they had not sent anything back on the Mayflower to help pay back those that helped them. Now they had more mouths to feed, people that did not understand their connection with the natives, and they were in debt with Thomas. To say that things went south from there was an understatement.

Take a Step *continued from page 1*

who has pushed me to action and gave the confidence I needed into starting the journey of obtaining a degree and going after dreams that are slowly but surely becoming a reality.

I grew up in Bethel, Alaska. Some say it is an amazing place and some say it is the worst place in Alaska. It is a small town far in the western region of Alaska, so remote that no roads lead in or out of town. A town known for being filled with drunkenness and violence, I myself could not get out fast enough, which I did when I turned sixteen. My life did not start grand with wealthy parents. In my town and in my family, having a job at the grocery store is upper class. I guess what I am trying to say, to voice out, is that no matter where you start from -- whether from a broken family making minimum wage or whether you start with parents who have decent jobs -- always strive towards your dreams and take a step, and another. You will find that with each passing week you will have become stronger in understanding and knowledge. What once you thought was impossible is now a milestone accomplished. That's where I was three months ago. The decision to take a step. Followed by another step. Making friends. Helping each other through this new crazy road called earning a college education. Keep stepping forwards, even if it seems your legs will give out from under you, and when they do, reach out -- reach out and make new friends!

Sophia, the Mat-Su College Arctic Dragon, is dedicated to the well-being of Mat-Su College students, staff, and faculty. In this passport, you will find a number of Dragon-approved events and activities specifically designed to help you cope with stress, rise to challenges, and take good care of yourself along the way. If you are preparing for a health-related career, many of these events will round out your academic preparation for working with clients or patients in the future.

So travel along with Sophia to the four destinations for well-being:

- Awareness of good mental health for yourself and others
- Balance between school, work, family, and self-care
- Connection to campus, community, friends, and family
- Off the Beaten Path, expanding your horizons by trying something new

Mat-Su College Journey activities and behavioral care services for students are supported by a Healthy Impact Grant from the Mat-Su Health Foundation.

Check the Journey website weekly for full activity descriptions and updates. All events are free.

Passports will be available in Academic Affairs, Student Services, around campus, and at events. Good luck on your journey and best wishes for a happy and healthy semester!

Start Your Journey!

It's easy to win: attend events, collect stamps, and then drop by the Academic Affairs Office with your passport after reaching each level for your next prize!

Limit one Passport per person.

Remember, when you attend a Dragon-approved event, make sure you get your passport stamped. Passports will not be stamped retroactively: You must collect your stamp at the event.

Community drumming sessions led by Dr. Meggie Aube (http://www.percussioninthevalley.com/) were held in the atrium throughout the semester. "Group drumming can reduce stress, rejuvenate, calm, and help develop right brain creativity. Drumming alone has healing power, but in a group, healing expands exponentially." At the session this picture was taken (November 13) students were drumming with great coordination.

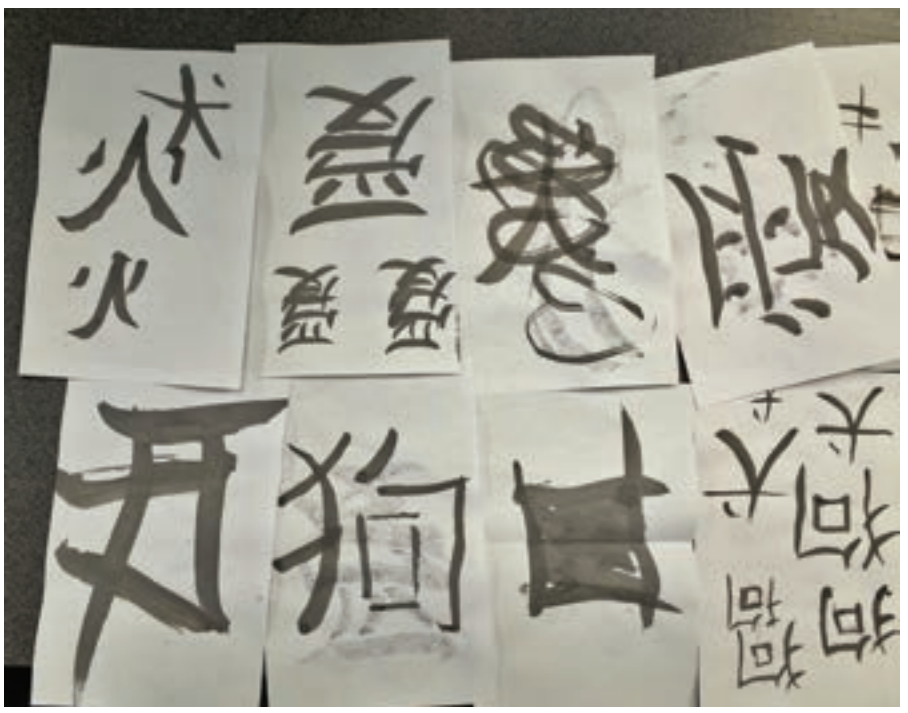
Bring your Passport to JKB 133 when you have collected:

5 stamps: Get a $10 MSC Breaktime Café Coupon (while supplies last)

6 stamps: Get a $24 MSC Bookstore Gift Card (while supplies last)

7 stamps: Enter the drawing to win a Jan Sport All-Purpose Backpack (Deadline to enter the drawing: November 3, 2017. One entry per person.)

8-10 stamps: Enter the drawing to win a $50 REI Gift Certificate (Deadline to enter the drawing: December 8, 2017. One entry for each stamp 8 or over, limit 3 entries per person.)



On November 15, students created dozens of Chinese brush paintings as part of a Journey event. As the program description noted, "45 minutes of creative activity significantly lessens stress in the body, regardless of artistic experience or talent."

Get involved with YOUR paper!

The Mat-Su Monitor is open to students of all experience levels. A paper like ours always needs writers, artists, graphic designers, advertisement coordinators, photographers, and more (maybe you can contribute something we haven't even thought of)!

Meetings: Mondays and Thursdays, 12:00 to 12:50 in OLB 214 (upstairs in library).

Taste of Mexico

Students unlucky enough to be on campus on Fridays received some compensation by having a chance to participate in some of the most interesting Journey events. On October 27, students were treated to a two-hour geocaching tutorial (bottom left). The same day, students were able to take a class on how to cook nutritious Mexican dishes using local ingredients (top left). Two weeks later, students had a chance to learn similar skills, this time with Italian dishes (right).

Photos courtesy of:

Twyla Thurmond,
Mesa Burgstahler
Aase Morin.

Italian Inspired

OPPORTUNITIES start HERE

Starting college soon?

Join us on APPLICATION DAY!

Wednesday November 29

3:00-6:00pm in FSM 104

UAA and MSC representatives will be there to help students complete the admission application, FAFSA, and navigate the UAA scholarship process.

Spring 2018

Open Registration

Starts Nov 27

UAonline.alaska.edu

Spring Semester

Starts January 16

Mat-Su College
University of Alaska Anchorage
matsu.alaska.edu

TAKE A TOUR

Is college in your future?

Come visit us!

Call 745-9762 to arrange a tour.

UA is an AA/EO employer and educational institution and prohibits illegal discrimination against any individual: www.alaska.edu/nondiscrimination.